

ABILITY -- not disability

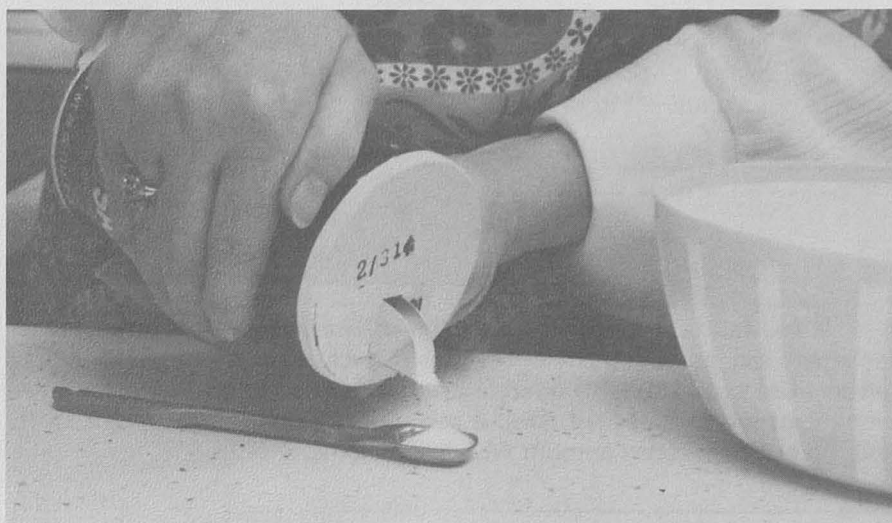
Rheumatoid Arthritis

HARRIET E. MELDAHL, Area Extension Agent, Rehabilitation
with JOYCE WASCOE, Rehabilitation Assistant

Homemakers with rheumatoid arthritis like to keep up their homes and entertain. Many of them can continue their homemaking chores by using labor saving techniques and equipment. Housework can provide beneficial light exercise, but general fatigue can be a problem. Rheumatoid arthritic homemakers should space their work and only do a little at a time.

Here are several suggestions:

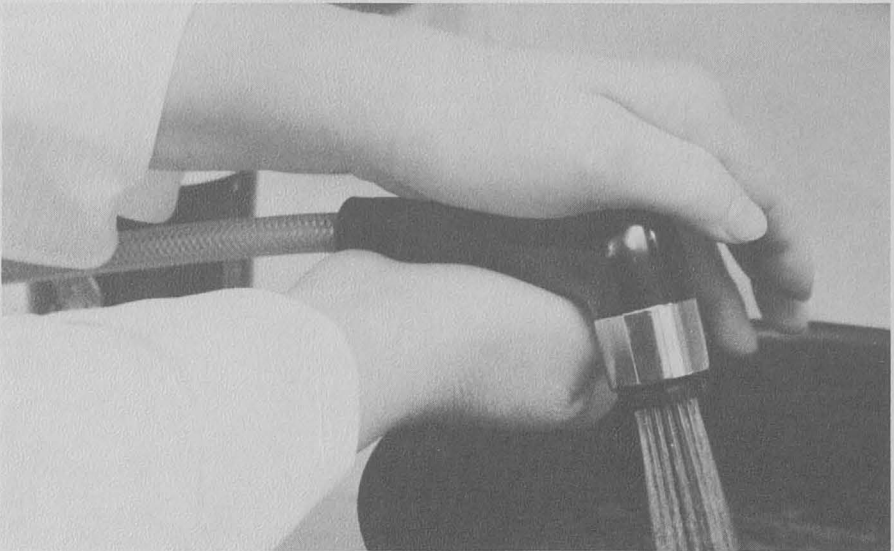
- Plan ahead and start preparations a few days ahead for a special dinner.
- Assemble all ingredients first. This saves steps and cuts down on frustration.
- Use both hands when pouring from any heavy container such as a milk carton.



- Flat-bottomed measuring spoons with raised handles can be purchased from most hardware stores. They lie flat and do not have to be held when pouring.
- Long-handled measuring cups can be grasped by the whole hand and

not just the fingers. The cups also can be lifted with both hands.

- . Pry open salt box lids with a knife. It is easier on the fingers.
- . Jars with hard-to-open caps can be braced between the legs and the fleshy part of the hand can be used to open the cover. A jar also can be braced in a drawer or door. Be careful not to bend the hand toward the little finger. Arthritic hands tend to turn toward the little finger, and any action in that direction should be avoided.
- . Use lightweight mixing bowls, pans, and dishes.
- . Use convenience foods.
- . Slide dishes and pans along the counter instead of lifting them.
- . Sit down when putting something in the oven. Ovens are available with doors that swing open from the bottom so you don't have to reach over a hot oven door.
- . Use a wheelcart for moving heavy dishes or for gathering several objects at one time to cut down on trips.



A full kettle of water is heavy and difficult to lift. A sink hose attachment can be stretched to the stove or close to the stove to fill the kettle. Use both hands to operate it instead of the fingers. If just a small amount of water is needed, keep a pan of water on the back of the stove, and dip out the needed amount with a soup ladle.



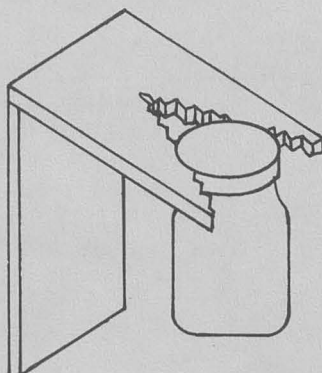
After sliding the pan to the sink, use both arms to hold it and tip it into a colander in the sink. Long oven mitts protect arms from burns while doing this and when using the oven. They can be ordered from Miles Kimball.*

Kitchen faucets should work with little pressure. This type can be lifted with the palm of the hand and pushed from side to side to get the proper water temperature.

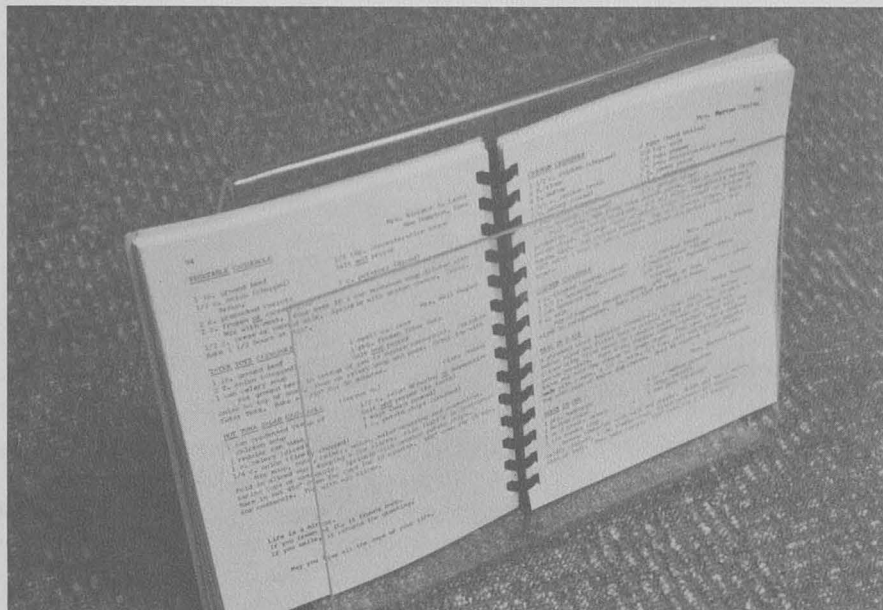
Opening cans with a manually-operated opener can strain ligaments and weaken joints. An electric can opener is available that can be operated by using the palm of the hand instead of the fingers. The magnetic attachment at the top holds the cover in place for easy removal.



A special V-shaped jar opener grips the jar cap while the jar is being turned with both hands. This type of jar opener can be ordered from most hardware stores or through Fashion Able, Fred Sammons, or Miles Kimball.*



Avoid static holding even if it is only a recipe card. When reading a book or cooking, use a holder. A transparent plastic model can be ordered from Sphere Designs.* A simple book holder can be fashioned from a coat hanger.

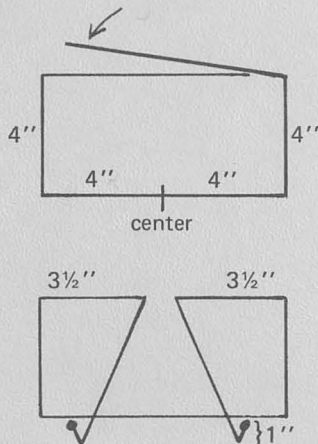


MATERIALS REQUIRED:

ordinary wire coat hanger pliers
wire cutter ruler

INSTRUCTIONS:

1. Twist or cut off curved end of hanger.
2. Straighten hanger with pliers.
3. Find center of hanger and with pliers form a right angle bend 4 inches either side of center.
4. Measure 4 inches up either side and form another right angle toward the center.
5. Measure $3\frac{1}{2}$ inches in on either side and again form a right angle bending wire out and downward.
6. Bend 1 inch up on the ends to hold the book. Cover sharp ends with tape or small corks. Ends may be turned up more to accommodate larger books.



A hoop apron with four pockets is convenient while cleaning. One pocket holds a paper bag for scraps that will be thrown away. Another pocket contains a bag to hold items that are out of place and must be returned such as scissors, thread, pipes, and pencils. The pockets also can contain vacuum cleaner attachments or old cotton socks to be used as dust cloths.

MATERIALS:

30 inches of cotton material such as terry cloth, denim or some other easy care fabric. Amount of material may vary with height. It should be short enough to be comfortable to wear without the pocket contents hitting the knees.

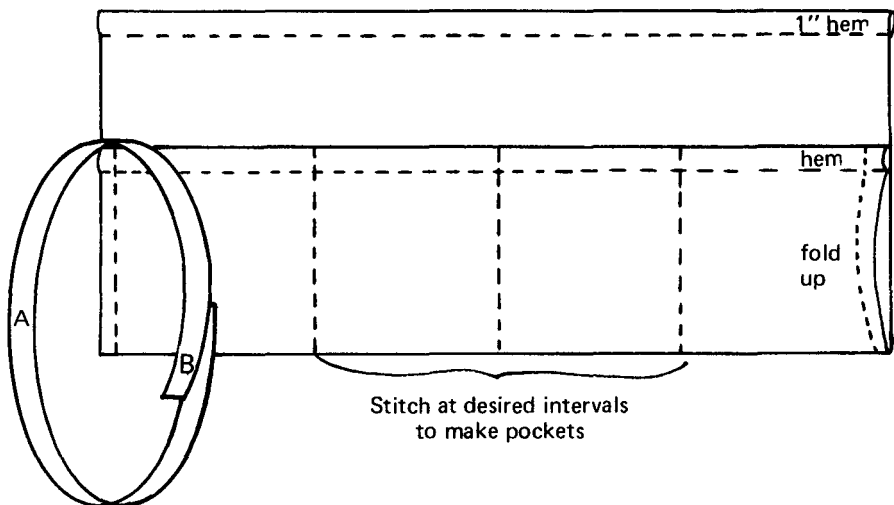
Apron clips which can be purchased at notions counters in department stores. They come small, medium, and large.

DIRECTIONS:

1. Sew a 1 inch hem at the top edge as a casing for the hoop.
2. If the material has no right or wrong side, hem the bottom edge to right side and turn up about 10 inches to form pockets. If material has right and wrong side cut off a 12 inch piece of material and make seam with right and wrong sides together to turn up for pockets.
3. Stitch down along apron side edges.
4. Stitch at desired intervals to make pockets.

TO PUT ON:

Grasp the apron at center front of clip at "A." Hook the outside end of hoop "B" at your side and straighten until the hoop curves around your waist.





*Mail order houses for rehabilitation equipment:

- . Fashion Able
Rocky Hill, New Jersey 08553
- . Fred Sammons, Inc.
Box 32
Brookfield, Illinois 60513
- . Miles Kimball
41 West Eighth Ave.
Oshkosh, Wisconsin 54091
- . Sphere Merchandising
P O Box 266
Northfield, Illinois 60093
- . Rehabilitation sections of such catalogues as
Penney's, Sears Roebuck, and Montgomery Ward

The information given in this publication is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Minnesota Agricultural Extension Service is implied.

Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Roland H. Abraham, Director of Agricultural Extension Service, University of Minnesota, St. Paul, Minnesota 55108. We offer our programs and facilities to all people without regard to race, creed, color, sex, or national origin.